



Northwestern Baseball
Youth Coaching Clinic

Practice & Pre Game Plans

Goal: To create a high energy, processed based and mass repetition practice while having fun!

- The pace of practice will be HIGH!!!! Run the "Hurry up" Offense & Defense
- Keep drills short, keep drills moving
- Teach quickly, do not get worried about "perfect technique"
- Establish Routines within your practice/games – this will help with keeping practice moving
- Do not get caught up in the "mechanics" – get creative in how you teach, stay athletic
- Establish a couple practice plan templates

Practice Plan Templates:

1. Baseball Field
2. Grass Field
3. Indoor

Equipment Suggestions:

Baseballs

Soft soft baseballs

Tennis Balls

Wiffle Balls

Tee

Cones

One "gadget" drill (i.e. bounce back, hit away, pocket radar, etc.)

Throw down bases

Buckets

- Utilize parents who can/will help out – keep kids safe, not to teach the game
- Create competitions within your practice plan – be creative – know the skill level
- Compete as a team, individually or against one another



Practice Plan Sample

4 Corner Base Running	(5 Min)
Throwing & Catching Program (We don't drop the ball)	(8 min)
Relay Challenge	(3 min)
Defensive Rotation (3 Stations)	(18 min)
Fielding	
Throwing	
Outfield Play	
Bullpens	(5 min)
Water Break	(2 min)
Offensive Rotation (3 Stations)	(18 min)
Tee / Dry – (2 or 3 guys at a time)	
On Field – (2 at a time)	
Soft Toss – (2 at a time)	
Water Break	(2 min)
Simulated Game Play	(15 min)
Runners on 1 st & 2 nd w/ hitter	
*Pitch goes off every 20 sec.	
What did we learn today?	(5 min)

*At each station focus on ONE THING – make kids aware of what they are trying to do

Pre Game

Before a game pick 20 min of activities and go through a practice Sample

4 Line Base Running	(3 min)
Defensive Rotation	(15 min)
Fielding	
4 Corners	
Bullpens	